

## We Will Teach You How to Develop Healthy Visual Habits

For most of us, our visual habits need to be reprogrammed. We experience -- and unconsciously suppress -- an enormous amount of pain in the eyes. Sitting at computers or wearing glasses, we learn to shut out peripheral vision until we have functionally lost much of it (this is a contributor to traffic accidents). In many people, one eye is dominant and the brain ignores the messages from the other. We react to strong light by reaching for sunglasses. Even when the eyes face a challenge, e.g., when you have to make out small print in dim light, they need to function out of a sense of relaxation. This is supplied both by a totality of wellness habits, those which address the needs of the whole body, especially the needs of the upper body for relaxation and good posture, and by methods that address the special needs of the eyes.

Even though you will hear from most ophthalmologists and optometrists today that your vision cannot improve; that it will only get worse, we do not believe this! Meir Schneider, founder of the School for Self-Healing, is living proof that vision can improve, even with serious conditions like congenital cataracts, lenses scarred from surgery, nystagmus, glaucoma and underdeveloped corneas! Meir was teaching in Brazil recently and one of Meir's graduates brought her Professor of Optometry to examine Meir's eyes. When they finished the examination, they told Meir, "Meir you cannot see!" "But I drove you all around San Francisco when you visited!" Meir protested with a laugh. "I know that, responded Fernanda with a grin, "But as an optometrist I have to tell you, you cannot see!" Don't let anyone tell you that you cannot improve your vision! Come and join us and experience the possibilities for yourself!

If you have previously participated in a Yoga for the Eyes or Natural Vision Improvement workshop, be sure to attend this one! You will learn new information and it is the continued practice of natural vision improvement principles that creates lasting change! Immersing yourself in Meir Schneider's profound groundbreaking method for six days may give your body an opportunity to re-pattern healthy eye habits and experience remarkable gains.

If you wear contact lenses, please bring your storage case as you will want to remove your contacts during eye exercises.

### April 3rd - 8th

<b>\$125 for one day</b>	<b>\$400 for four days</b>
<b>\$210 for two days</b>	<b>\$500 for five days</b>
<b>\$300 for three days</b>	<b>\$585 for six days</b>

Daily content will depend to some degree on group dynamics. What is not covered on one day may be covered on the next. Take all six days to understand how to improve your vision and create lasting ocular health!

25% discount for past and present students (graduates of Segment A or B, Level Two or apprenticeship) CEUs available for massage therapists and California nurses.

We can help you find low-cost accommodations. Enjoy full use of our facilities located only half a block away from beautiful Ocean Beach-- a peaceful and beautiful place to practice your eye exercises!

*Everyone benefited who took this class, but for the ones who took all six days, 66% improved their vision 2 lines or better! A very inspiring case is Manny, who improved his vision from 20/200 to 20/80 during the six days, and who called us within eight months to say for the first time in his adult life, he was driving without his glasses!* **Meir Schneider, Ph.D., L.M.T**

*As an engineer I value knowledge that can be applied and is useful. Meir gave me just that kind of knowledge during his six day course on naturally improving the eyesight. My prescription at the start of the course was at -7.00 with a 0.75 adjustment for a slight case of astigmatism. By using this new found knowledge my prescription is now -3.50 and the astigmatism is gone, which took me 8 months to achieve. My plan is to be done with glasses completely in a year; if not sooner! Meir, thank you for helping me reclaim the gift of sight...for life!* **Manny Muro, Oregon**



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**April 3rd - 8th**



**Is your vision failing?**

**Does your vision blur sometimes?**

**Has driving at night become scary?**

**Have you been suffering from eye strain?**

**Are you tired of glasses?**

**Vision problems are all too common in our lifestyle and society.** Unbalanced, poor visual habits and movement patterns, and accumulated eyestrain compromise the health and function of the eyes. Relaxation of the eyes and proper use will improve eyesight. This is body-mind work: these exercises and techniques train the brain to have better connection with the eyes to create better vision. With practice, you can improve your vision permanently, put an end to eyestrain and discover a more relaxed, alive way of seeing. Working on your vision in a group setting is fun, effective and empowering, as people around you experience improvements in their own visual needs. Join Meir and the staff of the School for Self-Healing for a special six day vision program to teach you healthy eye habits.

**Meir Schneider, Ph.D., L.M.T.**, author, international healthcare educator, pioneer therapist, is founder of the School for Self-Healing in San Francisco. His publications include *Movement for Self-Healing*, *The Natural Vision Improvement Kit*, *Yoga for Your Eyes*, and *Meir's Miracle Eyesight Method*. As a teenager, Meir overcame congenital blindness and today holds an unrestricted driver's license. The principles he discovered while working to gain functional vision became the foundation for the Meir Schneider Method of Self-Healing through Bodywork and Movement, a comprehensive holistic healthcare system combining movement, massage, breathing, visualization, and eye exercises, effective for a wide range of degenerative conditions of the body and eyes.



**Day One: 9am - 2pm**

**The general concepts and principles of natural vision improvement.** Understand how lifestyle and posture affects vision and the interrelation of the body and eyes. Discover how your daily routine affects your vision, how you are using your eyes improperly and the importance of integrating healthy eye habits into your daily life. Time will be given to measure your own vision and learn how to monitor progress. Experience profound relaxation of the eyes and start with the basic eye exercises. The afternoon is open for you to practice on your own what you have learned today to have a private session. Book your sessions early-availability is limited!



**Day Two: 9am - 1pm**

**A deepening of the basic exercises critical for every condition.** We will also address near and far-sightedness, presbyopia (middle age onset of far-sightedness), resting the central vision and stimulating peripheral vision (important for night vision, and useful with all conditions). The afternoon is open for you to practice on your own what you have learned today or to have a private session. Book your sessions early-availability is limited!

**Day Three: 9am - 1pm**

**Learn how to balance the use of the eyes** and prevent domination of one eye over the other. Most people have one eye that is dominant and the brain ignores the messages from the other. This puts tremendous strain on the dominant eye, which will eventually deteriorate from overuse, while the weaker eye will become weaker from lack of use. You will learn eye teaming exercises that create relaxation and fusion. And we will cover specific exercises for strabismus, amblyopia and diplopia, which are also useful for everybody. The afternoon is open for you to practice on your own what you have learned today or to have a private session. Book your sessions early-availability is limited!



**Day Four: 9am - 1pm**

**Explore the body-eye connection and how to overcome and prevent pathologies** like glaucoma, macular degeneration, cataracts, etc. Macular degeneration, cataracts, glaucoma and retinal problems (diabetes, beginning retinitis pigmentosa, retinal tears and detachments) are becoming all too common. Don't become one of those rising statistics! Time for individual needs to be discussed. The afternoon is open for you to practice on your own what you have learned today or to have a private session. Book your sessions early-availability is limited!



**Day Five: 3pm - 9pm, Including Dinner and a Night Walk!**

**Further explore the body-eye connections and how to overcome and prevent degenerative conditions** of the eyes. Be proactive in working on your vision. You may be able to avoid invasive drastic treatment doctors deem necessary that could have detrimental side effects. The morning is open for you to continue practicing what you are learning or to have a private session. Book your sessions early-availability is limited!

**Day Six: 9am - 1pm**

**Learn how to integrate the techniques and principles you have learned** into daily routines that work for you. This is an extraordinary opportunity to work on your own vision as well as to learn how to help others.



*"I have been impressed with the work of Meir Schneider for many years, having personally seen improvements in patient's vision of those who have worked with him. The ability of the visual system to adapt and regain function is still full of mysteries. Through Meir's work, we are finding some of those mysteries to be realities."*

**August L Reader III, M.D., F.S.C.S.,**

*Neuro-Ophthalmologist and Clinical Professor of Ophthalmology, California Pacific Medical Center, San Francisco, CA*



*"Some years ago, my ophthalmologist, told me I had a degenerative disease of the cornea and had already lost 20% of vision. He didn't know anything that could stop it. I began Self-Healing exercises for my eyes. Six months later I went back to the ophthalmologist and half of the degeneration had disappeared. One year later just a tiny spot was there and nowadays, 3 years later, no one can tell I even had that kind of pathology. My ophthalmologist was amazed."*

**Maria Lucia Agostini (Lula), Virginia**

*"In 1999 I nearly went blind in my right eye from post operative complications after an orbital reconstruction. In 2004 I passed California driver's license test unrestricted and at 56 I do not need reading glasses!"*

**Melissa Moody, Director of Education and Development, School for Self-Healing**



*"Over the years, I had numerous surgeries for retinal detachments in both eyes. In 1991, I lost one eye after a difficult surgery. Then I met Meir. After working with him over a year, I stabilized the sighted eye and improved its vision."*

**Larry Scoville, Washington**



*"After being diabetic for 20 years, and being diagnosed as legally blind from its complications, I was left to either live as a blind person or seek another way. I chose to work with Meir Schneider intensively, to immerse myself in his teachings. I use the knowledge I gained in Meir's training every day of my life. I now have an unrestricted driver's license."*

**Rachel Riley Cox, Palo Alto, CA**

